

Specially formulated multi-vitamin with high potency B-vitamins & antioxidants

Recommendation: Take 2 tablets daily.

Warning: Not for use by pregnant or nursing women. Not for use in men if attempting to conceive. Do not take with sulfonamide since PABA interferes with the activity of this drug. If you have diabetes, or are taking any medications, consult a healthcare professional before use.

Keep out of reach of children. Safety sealed with printed outer shrinkwrap and inner seal. Do not use if either is broken or missing.

GLUTEN FREE. No sugar, salt, yeast, wheat, soy, dairy products, artificial colors, flavors or preservatives.

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Green Bay, WI 54311 USA

Questions? 1-800-9NATURE / naturesway.com

◆ LN14924.C02 BLK8069C



Completia®

DIABETIC Multi-Vitamin



High Potency Daily Support
*with Alpha Lipoic Acid,
Cinnamon & Fenugreek*

90 TABLETS / DIETARY SUPPLEMENT

Iron Free

Supplement Facts

Serving Size 2 Tablets / Servings Per Container 45

Amount Per Serving	% DV
Calories	10
Total Carbohydrate.....	2 g<1%†
Vitamin A.....	15,000 IU.....300%
(33% [5,000 IU] as retinyl acetate, 67% [10,000 IU] as beta carotene)	
Vitamin C (ascorbic acid).....	510 mg.....850%
calcium ascorbate)	
Vitamin D3 (as cholecalciferol).....	400 IU.....100%
Vitamin E (as d-alpha.....	200 IU.....667%
tocopheryl succinate)	
Thiamin (as thiamin mononitrate).....	100 mg.....6.667%
Riboflavin (Vitamin B2).....	100 mg.....5.882%
Niacin (as niacinamide).....	20 mg.....100%
Vitamin B6 (as pyridoxine HCl).....	100 mg.....5.000%
Folic Acid.....	400 mcg.....100%
Vitamin B12.....	100 mcg.....1.667%
(as cyanocobalamin)	
Biotin.....	300 mcg.....100%
Pantothenic Acid (as d-calcium.....	100 mg.....1,000%
pantothenate)	
Calcium (as calcium ascorbate.....	40 mg.....4%
and d-calcium pantothenate)	
Iodine (from kelp powder).....	10 mcg.....7%
Magnesium.....	300 mg.....75%
(as oxide and citrate)	
Zinc (as zinc bisglycinate chelate).....	15 mg.....100%

Amount Per Serving	% DV
Selenium (as L-selenomethionine).....	200 mcg.....286%
Copper (as copper glycinate chelate).....	1 mg.....50%
Manganese.....	5 mg.....250%
(as manganese bisglycinate chelate)	
Molybdenum (as sodium molybdate).....	50 mcg.....67%
Potassium (as potassium citrate).....	10 mg.....<1%
Cinnamon.....	
(Cinnamomum aromaticum) (bark)	
Inositol.....	100 mg....."
Taurine.....	100 mg....."
Alpha Lipoic Acid.....	50 mg....."
Choline (as choline bitartrate).....	50 mg....."
Fenugreek (seed).....	50 mg....."
Neem (leaf).....	50 mg....."
Quercetin.....	50 mg....."
Betaine HCl.....	25 mg....."
Citrus Bioflavonoid Complex.....	25 mg....."
(from orange, grapefruit, lemon, lime, tangerine)	
PABA (para aminobenzoic acid).....	25 mg....."
Rutin (Sophora japonica).....	25 mg....."
flower bud extract	
L-Carnitine.....	20 mg....."
Kelp.....	12 mg....."
Lutein (from Aztec marigold).....	200 mcg....."
Vanadium.....	10 mcg....."

†Percent Daily Values (DV) are based on a 2,000 calorie diet. **Daily Value not established.

Other ingredients: hydroxypropylcellulose, stearic acid, sodium croscarmellose, magnesium stearate, hypromellose, silica, glycerin